

COOL FOODS QUICKLY & SAFELY

2 Stage Cooling is Required

Cooked potentially hazardous foods need to move quickly through the temperature danger zone to limit microbial growth:

- **Stage 1:** 140°F - 70°F in 2 hours
- **Stage 2:** 70°F - 41°F in next 4 hours
- Or within 4 hours if food is prepared using ingredients normally stored at room temperature

Cooling Methods

Shallow metal pans – 2”- 4” deep

- Leave pan partially uncovered
- Refrigerate immediately
- DO NOT stack hot pans – allow for air flow



Ice Bath – must use ice and water

- Fill a clean sink or large pan with ice and fill spaces with cold water
- Divide product into 1 gallon containers
- Immerse product pan to depth of product in sink or larger pan until it is level with ice
- Agitate/stir every 10 minutes using an ice paddle or other equipment
- Drain water and replenish ice as it melts
- Use a clean thermometer to monitor the temperature of the food
- After the food has cooled to 41°F, refrigerate immediately



Small Portions – reduce the mass/volume

- Divide food into smaller pans
- Separate food into smaller or thinner portions (*2” depth for thick foods/4” for thin liquids*)
- Cut or slice portions of meat no larger than 4 inches or 4 pounds

Hints: Add ice directly to the product as an ingredient
Use rapid chill refrigeration equipment that encourages quick cooling
Never try to cool foods in plastic containers
Never allow foods to cool at room temperature

Improper Cooling is the Leading Cause of FBI!

